

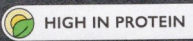
Confit duck with beans & cavolo nero

This has all the rich flavours of cassoulet but none of the faff. Pre-cooked confit duck and a pre-chopped vegetable mix make it super easy, while plenty of winter veg make it deliciously wholesome, too.

Serves 4
Prepare 10 minutes
Cook 35 minutes

- 500g pack slow cooked duck leg confit
- 400g pack fresh Cooks' Ingredients Soffritto
- 2 cloves garlic, finely sliced
- 500ml fresh chicken stock
- 2 x 400g cans cannellini beans, drained (reserving ½ of the liquid) and rinsed
- 200g pack cavolo nero, stalks removed, leaves roughly chopped
- 40g Cooks' Ingredients Soft White Breadcrumbs
- 2 tbsp apple cider vinegar

- 1** Preheat the oven to 200°C, gas mark 6. Empty the duck and its juices into an ovenproof dish, reserving 1½ tbsp of the fat, and cook according to pack instructions. Meanwhile, heat 1 tbsp of the duck fat in a large frying pan and fry the soffritto and garlic with a pinch of salt over a low-medium heat for 4-5 minutes until softened.
- 2** Add the stock and the liquid from 1 can of beans to the pan and bring to the boil, then reduce the heat and simmer for 10 minutes until slightly thickened. Stir in the chopped cavolo nero and all the beans and cook for 1-2 minutes until the leaves have wilted and the beans are piping hot; season.
- 3** Meanwhile, melt the remaining ½ tbsp duck fat in a small pan over a medium-high heat and add the breadcrumbs. Fry, stirring regularly, for 3-5 minutes until golden brown, then tip onto a plate to cool. Once the duck is cooked, use 2 forks to shred the meat, discarding the skin, bones and resting juices. Stir the duck and vinegar through the beans and divide among 4 bowls. Scatter over the crispy breadcrumbs to serve.



Per serving 1941kJ/464kcal/20g fat/5.3g saturated fat/27g carbs/6.2g sugars/13g fibre/37g protein/0.7g salt/2 of your 5 a day »

